

MIRROR MIRROR

TELL ME WHO I AM

WORKBOOK



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Mirror Mirror, Tell Me Who I Am — Workbook

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New Compass Point

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Congratulations on taking the first steps to creating the life you desire, and thank you for picking up the *Mirror Mirror, Tell Me Who I Am* book and this workbook.

This workbook is designed to help you apply the concepts discussed in the book *Mirror Mirror, Tell Me Who I Am*, so you can work out the challenges you face in any facet of your life — to help you create a happy, satisfying, and thriving life.

Please keep a journal so you can be aware of what is going on in your subconscious, as well as keep track of your progress.

- ① *Before you complete the exercises in this workbook, please commit to observing without judgement or condemnation and providing yourself with honest feedback about what is going on within you. This will allow you to get the most out of these exercises.*

The *Diffusion* audio tool mentioned in this workbook is a companion tool for the *Mirror Mirror, Tell Me Who I Am* book.

To purchase the *Diffusion* audio tool refer to: <https://newcompasspoint.com/diffusion/>, where you can also find the FAQs and other details.

For the *Mirror Mirror, Tell Me Who I Am* web page visit: <https://newcompasspoint.com/mirrormirror/>.

Additional resources are available at: <https://www.youtube.com/@NewCompassPoint-xz9jp>.

Objective of the workbook:

Learning to recognize the subtle answers in your own thoughts, emotions, and feelings to interpret what is not working in your life and then create what you desire.

Chapter 1: Introduction

Recognize what is important to you and what is not working for you.

- ① Find some quiet time to sit and reflect without interruption. Take a few deep breaths through your nose and exhale deeply through your mouth. Then, complete the following exercise using the guides provided.

Look at all facets of your life — work/career, money/finances, personal power, sexuality, health and personal well-being, family, friends, relationships, social, community, the environment, spirituality, etc.

1. In the table below, identify what you desire most in your life.
2. Number your items in order of the most important first and state your reason for their importance.
3. Review the list and identify if you are "happy," "satisfied," "unhappy," or "unsatisfied" with each of these areas of your life.

What do I desire most in my life?	Why is this important to me?	Importance	Happy/Satisfied? Unhappy/Unsatisfied?

4. In the table below, separate the “unhappy/unsatisfied” items to create a revised list. Prioritize the list from the “most unhappy/unsatisfied” to the “least unhappy/unsatisfied.”

Priority	What am I most unhappy/unsatisfied with (from the list above)	Stagnating or in Crisis?	Thoughts

5. Review each item on this newly reordered list and ask:
 - Do I feel I am at a dead end? Am I stagnating?
 - Am I resistant to making changes in this area? Is my life falling apart in this area? Am I at a crossroads? Am I in crisis?
6. Write down beside each item if you feel you are stagnating or in crisis and note any additional thoughts you may have.



You are now consciously aware of what is not working. If you are stagnating, you can now begin to look at the reasons. If you are in crisis, you can now choose to take action to move in a new direction.

Personal values/ideals reflect the fundamental choices we make about who we are; they influence all our personal decisions. We derive a sense of fulfillment when living by our personal values/ideals because our motivations and actions align with our aspirations of who we want to become.

Some examples are: integrity, patience, balance, individuality, freedom, independence, self-sufficiency, empathy, courage, wisdom, truth, self-respect, democracy, creativity, security, wealth, loyalty, and so on.

See the Personal Values list on the following page for more examples.

My Personal Values or Ideals

Chapter 6: The Mirror

Understand that your own experiences mirror how you think and feel about yourself and the world around you.

- ① *Take a few minutes to breathe deeply and allow your mind and emotions to settle so you can access your feelings.*

Refer to the revised list you created (step 4, in Chapter 1). Acknowledge the most challenging area of your life.

My greatest challenge is:

How do you feel about this unresolved situation in your life?

1. Can you recognize the scarcities within yourself in this situation? Take a few deep breaths if you need to.
2. What do your thoughts/beliefs reveal about this situation? Write them down in the space below. If you are unable to, skip the exercise — we will revisit this later in the workbook.
3. What do your feelings reveal about this situation? Write them down in the space below. If you are unable to, skip the exercise — we will revisit this later in the workbook.

What do my thoughts/beliefs reveal about this situation?

- a.
- b.
- c.
- d.
- e.

What do my feelings reveal about this situation?

- a.
- b.
- c.
- d.
- e.

Chapter 8: Restoring Balance

Understand how to deal with self-limitations and the self-sabotaging.

Self-sabotaging thoughts, beliefs, unresolved emotions and feelings from past experiences keep playing on and on in the subconscious. These can prevent you from getting a solid *feel* for what you are trying to create. The most effective way to deal with them is to address these at the root cause level.



Emotions and feelings were meant to be experienced and released; and never meant to be internalized. When left unresolved they become part of memory and cause anxiety when the memory is triggered.



You will find it helpful to journal your thoughts, beliefs, emotions, and feelings as you go through this process. This helps you to be aware so that you can act upon them.

Use the exercise below to calm the mind, emotions, feelings, and gently and safely transmute the charge around unresolved emotions and feelings, and go layer-by-layer to replace the limitation in thinking that prevents you from achieving a solid *feel* for what you are trying to create/change.



You can also use this process to isolate the beliefs behind difficult or traumatic experiences that leave behind unresolved emotions and feelings.

① *This exercise is intended to be used with the Diffusion audio tool. For details on how to get a copy, see the front of this booklet. The Diffusion audio tool is a very powerful new tool for stress relief and healing. It utilizes a very specific combination of unique tones produced by crystal bowls to calm the mind and create mental clarity, as well as calm emotions and feelings. It also transmutes the charge held by unresolved feelings and emotions.*

1. Before you start using the *Diffusion* audio tool, you need to set an intent to harness the power of the subconscious part of yourself. Quietly say out loud to yourself the following, then let it go:
"I set my intent to allow the healing tones to calm my mind, emotions, and feelings, and transmute the charge around unresolved emotions and feelings around <insert: the issue you are working on>, and to understand what is behind them."
2. Use a set of quality headphones or earbuds and softly play the *Diffusion* audio tool. Give yourself 3 to 5 minutes for your mind, emotions, and feelings to settle; longer if you need to, then proceed to the next step even while the audio continues to play.
3. Start by taking responsibility for all that is mirrored in your external reality. Also, simply observe without judgement or condemnation, and provide yourself with honest feedback about what is going on within you.

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